



The Journal

Vol. 27

No. 37

www.cnmc.navy.mil/bethesda/

October 1, 2015

Military Medical Student Saves His Own Life with Combat Medical Skills Training

By Sharon Holland
Uniformed Services University
of the Health Sciences

Army 2nd Lt. Michael Polmear, a second-year medical student at the Uniformed Services University (USU), planned to become a military doctor to care for injured service members and their families. Little did he know, only a little more than one year into his studies, that he would employ his newfound medical knowledge to save his own life.

In early July, Polmear and his wife, Stephanie, traveled to Wyoming to rock climb in Grand Teton National Park. He had recently completed his Combat Medical Skills (CMS) course and the final module of the first-year curriculum on gastroenterology and hematology at USU, and was looking forward to a well-deserved study break before heading to the Marine Corps Mountain Warfare Training Center in Bridgeport, California, for his summer operational rotation.

Polmear and his wife are experienced climbers from Colorado. Besides the mountain peaks, the Snake River valley, abundant wildlife and stunning scenery, Grand Teton National Park is also known for its world-class search and rescue team, the Jenny Lake Rangers. Although he had no idea he'd need their services, he selected the park because of their expertise in medical rescues.

The pair began their climb of the Black Dike route on Middle Teton just after 8 a.m. on July 7, when without warning, a huge boulder fell from above and hit his left arm, crushing it. His upper arm bone was protruding through the skin, he was bleeding profusely, and he lost the sensation in his left hand.

Polmear, who had no prior military or medical experience before starting school at USU, remained calm. Using his good arm, he took a sling from his climbing gear and used it as an arm brace for stabilization. Then he built an anchor and his wife lowered him down to the ground.

He had learned in CMS that it was important to do a pulse check to determine if there was arterial bleeding. He found two separate pulses and knew he was going to live, but also that his situation was extremely serious. He found damage to muscle and bone, but not to his arteries. He was carrying a tourniquet with him and he and Stephanie



Photo by Sharon Holland

Army 2nd Lt. Michael Polmear, a second-year medical student at USU, displays the surgery scars left as a result of a boulder that fell and shattered his arm during a rock-climbing excursion in Grand Teton National Park in July.

quickly put it on his arm. The pain was excruciating, but he knew from CMS that it was crucial to apply the tourniquet very tightly to avoid bleeding to death. He pushed the bone back into his arm and wrapped it up.

Nearby climbers called the Jenny Lake rescue team, who asked about the extent of his injuries. Polmear had learned the correct terminology and levels of urgency for medical evacuations in CMS class, so he got on the phone himself and relayed that his injuries were "Urgent Surgical," meaning they required immediate evacuation and surgery.

Once picked up by the helicopter team, the medevac trip took 10 minutes, followed by a 30-minute ambulance ride to the medical center in Jackson Hole. He was in the OR within six hours of the accident.

Polmear knew from his studies the type of surgeon he would need to care for his injuries; he insisted they find an upper extremity, fellowship-trained reconstructive surgeon. The ER doctor and radiologist reviewed his x-rays and informed him they thought he might need an amputation. He told them 'no way'; his elbow was still intact. He had learned that if the elbow was intact, there is a good chance of being able to

keep the arm.

"They said, 'Worst-case scenario, Walter Reed has great prosthetics,' to which I responded, 'Yes, but they have a better rehab program,'" said Polmear. Once the surgeon arrived he agreed there was no need to amputate.

Polmear had suffered nerve damage, which caused the loss of sensation in his left hand. His shattered arm bones looked like jigsaw puzzle pieces. He spent seven hours in surgery. The doctor was able to put the pieces back together and reconstruct the nerve. The crush injury to his muscle tissue sent protein into his blood which caused liver and kidney damage.

Polmear had just finished the gastroenterology module at school that included hematology, so he was able to interpret his own blood test results in the hospital. He knew it was important to decrease the pain medication levels to minimize the impact of drugs on his already over-burdened kidney and liver, so he insisted on managing his own pain medication levels which cut his recovery time in half – only four days in the hospital.

He was released from the hospital and spent another week in Jackson Hole recovering before returning to Bethesda. He changed his summer operational

experience from the mountain medicine course to a rotation with USU's Center for Disaster and Humanitarian Assistance Medicine, which allowed him to complete the required rotation while also being able to go to Walter Reed National Military Medical Center (WRNMMC) for a myriad of follow-up doctors' and rehabilitation appointments.

Once back at home, Polmear was put under the care of the WRNMMC Orthopaedic Service. He said he was told his injuries were a "paper cut" compared to some of the injuries they had seen and cared for. He had a second surgery, conducted by USU/WRNMMC surgeon, Army Col. (Dr.) Leon Nesti, to transfer a "good" nerve to take the place of the damaged nerve.

The transfer changed the architecture of his nerves in his left arm, so Polmear is now working with WRNMMC's Occupational Therapy staff to get his grip strength and dexterity back to normal limits, although his "opposition" (touching his thumb to his other fingers) is still affected.

He credits Army Maj. Matthew Miller, the residency director for the Physical Medicine and Rehabilitation residency at WRNMMC, for teaching him to use his hand in a new way and cannot say enough about the Occupational Therapy staff for their dedication to his recovery.

Polmear said, fittingly, his goal in coming to USU was to become a hand surgeon. He said depending on the progress he makes, he may have to change plans, but USU associate dean for Clinical Affairs, Navy Capt. (Dr.) Patricia McKay, an orthopaedic hand surgeon, has been offering advice and encouragement. Most importantly, though, Polmear said being on the other side of the patient care spectrum has given him a new perspective as a provider, a deeper respect for the injured, and the value of embracing the process of discovering a new normal.

"I have embraced the opportunity to learn experientially from my injury," said Polmear. "Medical school has introduced me to numerous resources where I can find information and solace. Our curriculum also highlights the powerful combination of willpower, adherence to the treatment plan, and being active and healthy as the major contributors to the best outcome."

Fire Chief's Column

Since 1925, every year in the week of the 9th of October, we nationally observe Fire Prevention Week. Fire departments and fire prevention programs across the nation identify a topic to highlight and teach the citizens of its importance. This year's topic is, "Hear the beep where you sleep." According to the National Fire Protection Association, roughly half of all deaths that involved home fires were reported between 11 p.m. and 7 a.m. This is extremely important to understand because during these hours, most of us are sleeping and will not be made aware of a fire unless we have working smoke detectors. In most cases, smoke is what will harm you before the actual fire itself will.

I urge each person to take the time and check your homes for smoke detectors. Identify the location of each detector, determine if it is working appropriately and identify if there is a need to install more within your residence. At a minimum, there should be a detector within each room that a person sleeps, in the common spaces immediately outside each bedroom and at least one detector on each level of the residence, to include your basement. Larger homes may require more in order to alert the occupants appropriately.

Along with ensuring that you have an ad-



John E. Gray III
District Fire Chief

equate amount of properly working detectors, I strongly recommend having a plan in place of how to evacuate your home in the event of a fire. This plan should include at a minimum, of two means of egress and a meeting place in order to account for all occupants within the residence. Being prepared for an emergency greatly increases your chances for survival. All occupants of

the residence should practice your emergency plan at least quarterly. While performing this drill, it is recommended that you utilize your detectors to alert everyone in the residence. This not only helps individuals to be aware of what a smoke detector sounds like, but you can also ensure that all detectors are in good working order and are able to alert everyone in the residence.

In closing, I ask that everyone take immediate action to verify that your home detectors are in good working order. In the fire service, there is nothing worse than to see a death or injury that could have been prevented if the individuals had working smoke detectors. If you need any assistance or guidance on this, the Fire Inspectors for Naval District Washington Fire & Emergency Services located on NSA-B, will be more than happy assist anyone. They can be contacted at 301-295-5623.

Bethesda Notebook

New NEX Mini Mart Hours

In an effort to accommodate customers better and provide premier customer service, the NEX is extending its hours of operation at the Mini Mart one hour past the operating hours of the Main Store. Below are the new operating hours for the Mini Mart beginning Oct. 1:

M-F	6 AM - 9 PM
Sat	8 AM - 9 PM
Sun	10 AM - 8 PM

Healing Arts Exhibit

The Healing Arts Exhibit (previously known as the Breast Cancer Art Show) at Walter Reed National Military Medical Center will be Oct. 8 at 3 p.m. in the Pavilion between the America Garage and Building 19. Artwork submissions will be accepted until Oct. 2. For more information regarding submissions, contact Jessica Shipman at 301-319-2896 or Capt. Moira G. McGuire at 301-319-8755.

New Fitness Center and Pool Hours

The Fitness Center and Pool in Bldg. 17 will have the following new hours effective Oct. 1:

Fitness Center:	
M-F	4:30 AM - 10 PM
Sat	8:30 AM - 7 PM
Sun	8 AM - 5 PM

Pool:	
M-F	5 AM - 8 PM
Sat	9 AM - 5 PM
Sun	9 AM - 4 PM

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Ronald D. Inman
Public Affairs Office: 301-295-1803

NSAB Ombudsman
Michelle Herrera 240-370-5421

NSAB Chaplain's Office 301-319-4443/4706

Journal Staff

Managing Editor MC3 Hank Gettys
WRNMMC Editor Bernard Little

Sexual Assault Response
Coordinator Hotline 301-442-2053

Staff Writers MC1 Christopher Krucke
Andrew Damstedt
Sarah Marshall
Sharon Renee Taylor
Joseph Nieves

NSA Bethesda
Fleet And Family Support Center 301-319-4087

Walter Reed National Military Medical Center
Office of Media Relations 301-295-5727

NSAB Emergency Information Line 301-295-6246

Visit us on Facebook:
Naval Support Activity Bethesda page:
<https://www.facebook.com/NSABethesda>
Walter Reed National Medical Center page:
<http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107>
Uniformed Services University of the Health Sciences page:
<http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts>

Sailor Promoted to Chief Onboard NSAB for First Time

By Andrew Damstedt
NSAB Public Affairs
staff writer

The anchors pinned on new Chief Master-at-Arms Mark L. Collins — the first Naval Support Activity Bethesda (NSAB) Sailor to earn the chief petty officer ranking since the command was formed in 2010 — by his brother, wife and son have a lot of history behind them because they were the anchors that belonged to his late father, James L. Collins.

“My biggest influence has been my father and my brother, both of them former chiefs,” Mark Collins, 41, said. “I definitely owe a lot to them for setting a path for me and pushing me to where I needed to be to achieve it.”

Collins was pinned alongside four other Sailors from three other commands at a ceremony at Walter Reed National Military Medical Center (WRNMMC) Sept. 16 in the Memorial Auditorium.

His father retired as a chief in the Naval Reserve in 1976

and his brother James B. Collins, who was also pinned with his father’s anchors, retired as a chief machinist mate in 2004. “We joke around... [that] we kind of have our own chief’s mess at home,” Collins said. “All of us followed that route, and it’s one of those things that definitely meant a lot for me ... It’s one of the big milestones.”

Mark Collins said it had been a goal of his to achieve the chief rank since joining the Navy. He started his military career in the Marines in 1993 and crossed to the Navy side in 2005.

He said he was honored to be the first Sailor to become a chief petty officer at NSAB.

“When I checked in back in January 2012, it was a whole new command,” he said. “We were trying to start from the ground up. I’m very honored that I’m the first one to be picked from here and I definitely know that I am not going to be the last. All the 1st class [petty officers] here are great performers, outstanding performers, and I can see them picking up a few more from out of here.”

NSAB Senior Enlisted Lead-



Photo by Andrew Damstedt

Retired Chief Machinist Mate James B. Collins pins an anchor on the lapel of his brother, Chief Master-at-Arms Mark Collins, who became the first Sailor to be promoted to chief petty officer onboard Naval Support Activity Bethesda.

er Jason Rakowski said he was “happy and very proud” for Collins and added that “he’ll be a good chief.”

He said it’s important for Sailors to see somebody achieve that while stationed at NSAB.

“It’s important in the sense that it’s possible to achieve the rank of chief petty officer here at a small command,” he said. “It goes to show that it’s not the command itself, but what you do that matters.”

Collins is up for orders now so he won’t be at NSAB for much longer, but he said he’s been happy with what he’s been able to accomplish during his time here. He’s worked in NSAB’s security department as the leading petty officer and has been the operations chief. He received the Sailor of the Year award in 2013. He also earned his master of business administration degree while working at NSAB. And his two children, Mason

and Kailee, were born while he has been stationed here.

“The command here has been phenomenal,” Collins said. “They have given me all the tools that I have needed to be successful. They have been supportive of my entire time here. I’ve been here for over three years now and they’ve given me a lot of opportunity and stood by me during the entire process. And of course, my Sailors, I would not be here without any of my Sailors. Their performance and the job they do every single day is what makes me look successful.”

Now, he wants to give back to those Sailors by helping them set and achieve their goals, and hopefully help a few earn the chief petty officer ranking as well.

“The biggest thing is just set goals and stick to them,” Collins said, mentioning setting goals in volunteer, education and leadership experiences. “It’s one of those things where you know if you have that goal, just keep pushing forward, make it happen.”

Healthy Habits Program Fights Childhood Obesity



Photo by Sharon Renee Taylor

Davida Johnson-Kidd, 10, has fun exercising with Leslie Lipton, a pediatric nurse practitioner for the Healthy Habits Clinic at Walter Reed National Military Medical Center. Johnson-Kidd began participating with the program designed to help children between the ages of 8 and 16, along with their families, adopt a healthy lifestyle.

By Sharon Renee Taylor
WRNMMC Public Affairs
Staff Writer

A 12-year-old girl, the oldest of three children in a busy dual-military family, admits she sometimes misses breakfast in her rush out the door for school in the mornings. The middle school band member goes through long periods of reading or other activities indoors, at times lasting for as long as a year, before she wants to play outdoors, she estimates.

During a routine examination at Walter Reed National Military Medical Center (WRNMMC) this spring, her pediatrician advised the pre-teen and her parents that the adolescent’s body mass index increased from the 95th to the 98th percentile, which classified her as obese.

One out of every five children in the U.S. has some type of obesity concern, according to the Centers for Disease Control and Prevention (CDC).

Although obesity rates among children ages 2 to 5 years old have dropped, more than 30

percent of American children are still overweight or obese, indicated a presidential proclamation issued for Childhood Obesity Awareness Month in September.

There are different reasons for childhood obesity, according to Navy Cmdr. Jill Emerick, a pediatric endocrinologist at WRNMMC. “Sometimes it’s hard to pigeon-hole to one cause. Usually a variety of behaviors and societal factors combine to cause obesity,” she explained.

Some rare genetic diseases predispose a child to obesity, but most obesity is due to a caloric imbalance issue, Emerick said. More calories are taken in than expended.

“Our society in general is much less physically active and many families lead very busy lives. Kids aren’t outside playing as much as they used to; they’re spending a lot more time participating in sedentary behaviors such as watching TV, playing computer games, surfing the [Internet] and texting.

“All these activities are called ‘screen time’ and very little ener-

gy is expended while participating in these types of activities. As our society has evolved as a whole, there’s just been a huge shift in portion sizes,” the pediatrician explained. “The extra calories we intake thoughtlessly make it even more challenging to balance energy in versus out; you really have to focus on your nutritional choices to make good ones. Our society doesn’t make it any easier.”

Emerick said depression, anxiety, and emotional eating can compound that circle of events. Are military children at special risk for childhood obesity?

In 2010 the rates of childhood obesity in the military were similar to the general population, Emerick suspects the stressors of deployment could lend itself to a more difficult time making good nutritional choices such as having time for meal planning, if you’re a single-parent family for a period of time.

Since August 2011, more than 300 children ages 8 to 16 years have participated in the

See **OBESEITY** page 6

Twirls, Dips and Diversity Take Center Stage at Hispanic Heritage Celebration



Walter Reed staffers flank instructors (center, left) Juan Ojeda and Kim Torrence for Merengue lessons at the Hispanic Heritage Celebration at Walter Reed National Military Medical Center, Sept. 24.

Advance Your Career Today as an Armed Uniformed Protection Officer



Benefits

- \$28.86 per hour base pay
- Health & Welfare Benefits Plan
- Vacation and personal/sick days
- Height/weight and Clearance Bonus incentives

Basic Initial Qualification Requirements

To qualify, you must be 21 years of age, a U.S. citizen, and possess a valid Driver's License. In addition, you must:

- Possess a Bachelor's Degree; *or*
- An Associate's degree in Criminal Justice and security experience within the last year; *or*
- Be a graduate of a certified law enforcement training academy, military police school, or Marine Security Guard School; *or*
- Have a minimum of three years of armed security experience within the last four years; *or*
- Have a minimum of three years of active duty military service, having reached the rank of E-4 upon Honorable Discharge

To apply, contact the National Recruiters at urecruiter@icsecurity.com or 571-384-7024/5



**INTER-CON
SECURITY**

10510 Furnace Road, Lorton, VA 22079
www.icsecurity.com

By Sharon Renee
Taylor
WRNMMC Staff Writer

Sounds of piano, drums, guitar, horns and maracas filled the lobby of the America Bldg. 19, as dancers moved to the rhythms of Salsa and staffers learned to Merengue at the Hispanic Heritage Celebration at Walter Reed National Military Medical Center (WRNMMC), Sept. 24.

"There is tremendous strength in our diversity," WRNMMC Director Maj. Gen. (Dr.) Jeffrey Clark told the audience gathered for the event. "We're better because we're diverse. We're better because we celebrate every aspect of our diversity."

"We speak of a Hispanic Heritage, but we also know that the very rich culture we refer to when we use the term Hispanic, it's a result of a unique blending of color, culture, tradition and nationality with its own history and character," explained Navy Chief Joseph Delacruz, who served as keynote speaker for the event. "Hispanics, in turn, have contributed immeasurably to the development of this country. They have served as ordinary Seamen, Soldiers, 4-Star admirals, generals, fighter pilots, physicians, nuclear engineers and policy makers."

Navy Lt.j.g. Veronica Restrepo, an Administrative Officer at the Navy Medicine Professional Development Center, took to the dance floor with Salsa dancer and instructor Kim Torrence, before her partner Juan Ojeda arrived



Above, patients and staffers enjoyed a meal of charbroiled Peruvian chicken, rice, beans, and cake after the program celebrating diversity.

to demonstrate the smooth steps, twirls and dips of Latin-Salsa. Without difficulty, Restrepo filled-in and danced lead during her impromptu performance.

"Salsa is in my blood," explained the Colombia, South America-native. "It's very fun to dance. It's very beautiful."

She said Salsa brings people together; it can bring two strangers together on the dance floor.

"Latin culture is about friendship and joy and being together," Restrepo smiled. "It's very nice to see everyone coming to celebrate our heritage."

Patients and staffers enjoyed a meal of charbroiled Peruvian chicken, rice, beans, and cake after the program.

Torrence teaches Salsa to service members on Tuesday evenings, from 7-8 p.m. in the Bldg. 17 gymnasium. Service members can join the next class, with or without a partner, Oct. 6.

Busy Weekend at EFMB

Candidates Arrive To Test For Coveted Badge



Courtesy photo

Army Chaplain (Lt. Col.) Wilford Santiago conducts a brief field service for candidates testing for the Expert Field Medical Badge at Joint Base McGuire-Dix-Lakehurst, N.J. Walter Reed National Military Medical Center is hosting the event which lasts until Oct. 8.

By Army 1st Lt. Henry Biemann

Walter Reed National Military Medical Center Director Maj. Gen. Jeffrey B. Clark is hosting Expert Field Medical Badge (EFMB) training and testing

this week through Oct. 8 at Joint Base McGuire-Dix-Lakehurst, N.J. The EFMB remains one of the most prestigious badges service members can earn. First created in 1965, this U.S. Army decoration is the non-com-

See EFMB page 6

Prince Becomes BUMED Force Master Chief

Force Master Chief Sherman E. Boss III retired, and Force Master Chief Terry J. Prince assumed the role as the senior enlisted leader for the Navy Bureau of Navy Medicine and Surgery (BUMED) and director of the Hospital Corps. following the ceremonial passing of the cutlass from Boss to Prince during a change of charge ceremony at Walter Reed National Military Medical Center (WRNMMC).

Vice Adm. (Dr.) Matthew Nathan, the 37th surgeon general of the Navy and chief of the Navy's Bureau of Medicine and Surgery (BUMED), officiated at the Sept. 25 ceremony.

In April 2009, Boss was selected as the Navy Medicine National Capital Area and National Naval Medical Center (NNMC) Command Master Chief. He served in that position until October 2011 when he became the Force Master Chief, U.S. Navy Bureau of Medicine and Surgery, and director, U.S. Navy Hospital Corps.

Prince became the first senior enlisted leader for WRNMMC in Octo-

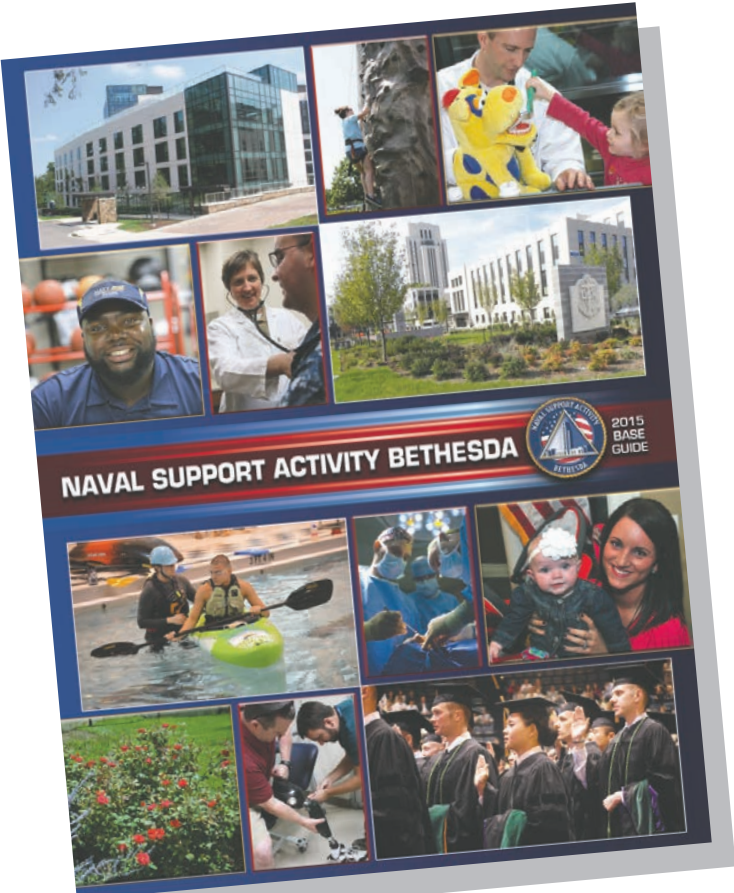


Photo by BUMED

ber 2011, a month before the former NNMC and Walter Reed Army Medical Center (WRAMC) integrated to form WRNMMC. He then became the first Senior Enlisted Advisor for the Defense Health Agency in February 2014. Nathan served as commander of NNMC, WRNMMC and Navy Medicine, National Capital Area prior to becoming the Navy surgeon general.

NAVAL SUPPORT ACTIVITY BETHESDA

2016 ANNUAL WELCOME GUIDE



Don't miss your chance to advertise in THE ONLY comprehensive guide to resources, facilities, attractions and more for military personnel at NSA Bethesda including Walter Reed!

Advertising deadline:
October 9

Reserve your ad space today!
Email mminar@dcilitary.com or call:
301-921-2800

Ask about special pricing and custom packages for new advertisers!

We've got you covered for Memory Care, Senior Living, Nursing & Rehabilitation

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare and Arden Courts names.

By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare 
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

**Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton**
800.736.4427

Heartland 
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.

Baltimore 410.719.8670

Arden Courts 

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410



HCR ManorCare 
Heartland • ManorCare • Arden Courts

1051602

OBESITY

Continued from pg. 3

group-based Healthy Habits Clinic at WRNMMC, offering intensive time spent on nutritional education, and assessing any psychological contributors to obesity and eating behaviors. Held every second Wednesday of the month, the program provides children and their parents more time with a provider and the Healthy Habits team working on specific behavior modifications to try to get the youngsters to a healthier weight. The team consists of pediatricians: Emerick as the pediatric endocrinologist, adolescent medicine physicians, a child psychologist and a pediatric nutritionist.

"They can self-refer to the Healthy Habits Clinic, and get a referral from their provider," she said.

A pediatrician referred the 12-year-old musician and her parents to the special program at WRNMMC designed to combat childhood obesity.

"They were telling me it would be better for me to go to [the] Healthy Habits [Program]. It was a recommendation but it was something that they really thought would be good for me," the pre-teen explained.

After an initial meeting with a pediatrician for a thorough history and physical with screening labs for high blood pressure, high cholesterol and Diabetes Mellitus, the young patients and their parents are encouraged to participate together in the monthly follow-up appointments held from 2 to 4 p.m. at the base gym—the clinic is for the whole family, according to Emerick.

"The Healthy Habits team, patients, and their families exercise together, then we spend the rest of the session reviewing behavior modification goals, and presenting a new [educational topic on nutrition]," she said.

A health activity associated with the topic follows. The topic is reinforced by a child psychologist, covering some of the emotional and behavioral aspects to help

support making the healthy changes.

Andrea Whitley, a pediatric dietitian with the Healthy Habits Clinic, said she sees many patients who may spend a lot of time in front of the television.

"A lot of my obese patients aren't active at all so they tend to stay in the house. There is a lot of mindless eating that goes on," she said.

Eliminating this type of eating and finding something else to do make a difference, explained the dietitian. "That alone can drastically help a child to manage and lose weight."

Some families may not know healthier food choices so the program educates them. Many of the children who see Whitley don't eat vegetables at all, and very little fruit, missing important nutrients and fiber. So how does she get kids to eat vegetables and fruits they don't like?

"I usually have them pick one or two fruits and vegetable they really do like," she said. Having that same vegetable and fruit that they like every day will serve the purpose, even though parents may want to give their children variety. She encourages and motivates children to take a couple of bites of the new fruit or vegetable, or something they don't like, because their taste buds might change and end up liking it, Whitley said.

She also encourages her patients to participate in an activity that gets them away from the TV, tablet, or cell phone—something that gets them up and moving. She encourages them to join a team sport.

The 12-year-old who began the Healthy Habits Clinic six months ago now enjoys hiking, and runs with a group of girls at school. "I like how the Healthy Habits doctors are all super-encouraging because they also push you harder, so that even if you want to give up, they'll encourage you and at the same time push you to go further," she said. "I think if I hadn't taken this opportunity, I wouldn't be anywhere closer to even trying to do better."

For more information about the Healthy Habits Clinic at WRNMMC, call Kimberly Campbell, RN, at 301-295-4245.

EFMB

Continued from pg. 5

bat equivalent of the Combat Medical Badge. Medical personnel are put through an arduous course including written tests, the Army Physical Fitness Test, weapons qualification, land navigation, communications tasks, warrior skills tasks, medical and casualty evacuation tasks, tactical combat casualty care tasks, a 12-mile road march, and complete CPR certification are awarded the badge.

On average only 20 percent of service members who initiate the training actually receive the badge.

Candidates testing for the badge are

from throughout the Military Health System, with several from WRNMMC.

Last Friday, Army Capt. Dwayne Rhodes, from the EFMB Test Control Office from Fort Sam Houston, Texas, began validating the lanes where candidates will test next week. Clark and WRNMMC Command Master Chief Tyrone Willis visited the EFMB testing site Saturday, walking each of the lanes and thanking troops who come out in support of the training and testing. On Sunday, 124 candidates from all across the country reported for the EFMB testing. The diverse candidate pool of Soldiers, Sailors and Airmen, range in rank from privates to colonels.



Classifieds

Call **301-670-2503**

Imported Cars

Imported Cars

ASSUME LEASE - 2015 AWD Lexus RC350 Coupe! Loaded! 6 mo old, 3K down, 10k Miles yr, for only \$521mo. \$900 per month if you bought her at \$50k. MUST have good-ex-cellent credit.

Toyota Camry L.E. 2011

Gold exterior w/ tan interior, excellent condition, automatic transmission, power window, locks, mirror & AC. Everything works. Very clean throughout. Serviced regularly as recommended. Great vehicle must see to appreciate. \$8,500 (firm)
Call Robert
325-656-7614
or e-mail
rpm090857@aol.com

Shared Housing

KENSINGTON AREA
Fully furnished room for rent in house w/ full kitchen privileges. 10 min. from Walter Reed. Safe, quiet neighborhood. Seeks non-smoking, clean, friendly professional female w/ full-time job at Walter Reed to fit in, live w/ family of 3 w/ one dog and bird. \$850.00/mo utilities incl.
Call (202) 288-9363

Let us help you find the right candidate, recruiting can be simple!
Maryland, Virginia, Washington DC, we have you covered!

Call us today 301.670.2500



ARE
So
YOU
Are
READING
Over 450,000
THIS
Others!
AD?

Why Advertise? Because it works!
Call 301-670-2503
TO PLACE YOUR AD!



Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at \$29,900



2014 Mercedes-Benz ML 350 Sport Utility

EuroMotorcars
BETHESDA

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

*See dealer for complete details. Photos
used for advertising purposes only.

1051639

dcmilitary.com
Careers

**Have Security Clearance and
Looking for a Job?**

Log on to careers.dcmilitary.com to:

- Create a free account and begin your job search
- Upload your resume so companies searching our database can find you
- Review company profiles to learn about those hiring